

Programme Name :- YOGA AND FITNESS AWARENESS ACTIVITY

Total particepate :-

Date :- 21/06/2020-

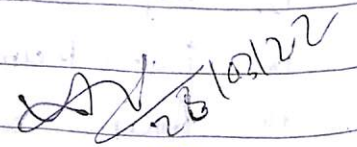
Attendance :- 20

- | | | | |
|----|----|------------------|-----------------|
| 10 | 1 | Bonju pawe | Bonju Pawe |
| | 2 | Gungun Saikia | Gungun Saikia |
| | 3 | Punam Das | Punam Das |
| | 4 | Nirca Daley | Nirca |
| | 5 | Priya Gayatri | Priya Gayatri |
| 15 | 6 | Jaya Dutta | Jaya Sulta |
| | 7 | Nitumoni Das | Nitumoni Das |
| | 8 | Salma Bagam | Salma Bagam |
| | 9 | Moyureima gogoi | Moyureima gogoi |
| | 10 | Riya modi | Riya modi |
| 20 | 11 | Taruprabha gogoi | Tarupabha gogoi |
| | 12 | Dipti Barla | Dipti Barla |
| | 13 | Puja Kumari | Puja Kumari |
| | 14 | Anima Das | Anima Das |
| | 15 | Pompi Daley | Pompi Daley |
| 25 | 16 | Anamika Taid | Anamika Taid |
| | 17 | Suman Sahu | Suman Sahu |
| | 18 | Monika Kumbang | Monisha Kumbang |
| | 19 | Juhi Bha Bhumi | Bha |
| 30 | 20 | Titumoni Daley | Titumoni Daley |

Report :-

Yoga awareness was organised by the cadets of 72 Assam (1) Coy NCC of Lakhimpur Girls' College. Maximum cadets participated in this yoga exercise. Different types of Asanas were performed by the cadets. Everyone should devote an hour each day on fitness activities such as exercise, yoga, cycling, walking etc. to keep mind and body healthy.

Internet Service :- www.facebook.com/NCC.Lakhimpur.Girls.College


26/02/22
CTO
Lakhimpur Girls' College
72 Assam Girls(1) Coy NCC
North Lakhimpur